



## USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

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(last updated, 12-29-11)

### 100343 – SWEET POTATOES, FRESH, WHOLE, CASE

<b>CATEGORY</b>	<ul style="list-style-type: none"><li>Vegetables/Fruits</li></ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"><li>U.S. Grade 1 whole fresh sweet potatoes.</li></ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"><li>Approximately 40 lbs per case.</li><li>One lb AP yields 0.80 lb ready-to-cook sweet potato without skin OR 0.61 lb (about 1<math>\frac{2}{3}</math> cups) baked sweet potato without skin and provides about 6.60 <math>\frac{1}{4}</math>-cup servings baked sweet potato without skin OR about 1<math>\frac{3}{8}</math> cups cooked, mashed sweet potato and provides about 5.50 <math>\frac{2}{3}</math>-cup servings cooked, mashed sweet potato OR about 2<math>\frac{1}{4}</math> cups cooked, sliced sweet potato and provides about 9.10 <math>\frac{1}{4}</math>-cup servings cooked, sliced sweet potato.</li><li>CN Crediting: <math>\frac{1}{4}</math> cup cooked sweet potato (with skin, without skin, mashed, or sliced) provides <math>\frac{1}{4}</math> cup vegetable.</li></ul>
<b>STORAGE</b>	<ul style="list-style-type: none"><li>Do not store sweet potatoes in the refrigerator. Sweet potatoes should be stored in a cool (55 °F to 60 °F) dry place, never in the refrigerator.</li><li>Sweet potatoes can be kept a month or longer at 55 °F. If stored at room temperature, they should be used within a week.</li><li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li></ul>

### Nutrition Information

Sweet potato, baked in skin, without salt

	$\frac{1}{4}$ cup (50 g)	$\frac{1}{2}$ cup (100 g)
Calories	45	90
Protein	1.00 g	2.01 g
Carbohydrate	10.36 g	20.71 g
Dietary Fiber	1.6 g	3.3 g
Sugars	3.24 g	6.48 g
Total Fat	0.07 g	0.15 g
Saturated Fat	0.03 g	0.05 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.34 mg	0.69 mg
Calcium	19 mg	38 mg
Sodium	18 mg	36 mg
Magnesium	14 mg	27 mg
Potassium	238 mg	475 mg
Vitamin A	9609 IU	19218 IU
Vitamin A	480 RAE	916 RAE
Vitamin C	9.8 mg	19.6 mg
Vitamin E	0.35 mg	0.71 mg



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<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"><li>• Scrub sweet potatoes thoroughly before using to remove any dirt.</li><li>• TO BAKE: Select firm, uniform size potatoes. Wash gently but thoroughly and trim if necessary. Brush with oil or wrap in foil. Prick the skin and bake at 400 °F for 40-50 min, or until soft.</li><li>• TO STEAM: Slice ¼ in. thick. Steam over boiling water for 6-10 min, until tender-crisp.</li></ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"><li>• Sweet potatoes may be baked, boiled, steamed, or cooked in the microwave.</li><li>• Use in soups or in baked goods such as sweet potato pie or sweet potato bread.</li><li>• Cinnamon, brown sugar, grated lemon or orange rind, raisins, drained canned pineapple, or nuts may be added for flavor.</li><li>• Substitute mashed sweet potatoes in recipes calling for pumpkin puree.</li><li>• Sweet potatoes (whole, cuts, or mashed) may be cooked plain or with spices, other vegetables or fruits.</li></ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"><li>• Wash sweet potato thoroughly before cooking.</li><li>• Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements.</li></ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"><li>• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li><li>• For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/documentlibraryfiles/PDF/20080206043207.pdf">http://www.nfsmi.org/documentlibraryfiles/PDF/20080206043207.pdf</a></li></ul>

Nutrient values in this nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

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